

Hampton Roads OMBUDSMAN

JULY 15, 2001

IMPORTANT NUMBERS

Ombudsman Careline 444-6288

COMNAVREG MIDLANT

CNOMC (SW) Frye 322-2812

SH2 (SW) Rozier 322-2813

AIRLANT Ombudsman

Neeladee 368-8334

SUBLANT Ombudsman

Sharon 502-0385

SURFLANT POC

FORMC (AW/SW)
Slingerland 836-3046

Fleet and Family Support Centers

Norfolk: Sherry 322-9126

Little Creek: Tonya 462-7563

Oceana: Pat 433-2912

Yorktown/Newport
News: Sonya 688-6289

Northwest: Mary 421-8770



New COMNAVREG MIDLANT Point of Contact for Hampton Roads Ombudsmen

Hello Ombudsmen of the Mid-Atlantic Region. I am **CNOMC(SW) Clarence Frye**, the newest member of the Mid-Atlantic Ombudsman Team. I am happy to be a part of what I think will be a very exciting time for the Ombudsman program, and the Sailors and families we serve.

Before assuming my role as Command Master Chief for Commander, Navy Region, Mid-Atlantic, I was CMC on USS WASP (LHD-1) and previous to that, CMC on USS DEYO (DD-989). I am a longtime resident of the Hampton Roads area, so I know the progress we've made from both the military and community standpoints.

Working with Navy leadership, and community and Navy organizations, my goal is to continue to make living in the Hampton Roads area a meaningful and enjoyable experience for our Sailors and families, and to that end, I look forward to hearing from you. I want to hear about the topics that are most important to you and the commands you serve. I will continue to work within the great support network at the Fleet and Family Support Center and other activities to provide you the very best support possible. Your role is important to the mission of the commands you serve.

Keep up the great work of caring for those we value most...the Sailors and families of the greatest Navy in the world.

Ombudsman Advanced Training

What's a Fish Fork and What Do I Do with It Anyway?

Have you ever wondered what to do with all the extra silverware when invited to dine with the Commanding Officer in his cabin? What is the protocol at a change of command? These and other common etiquette questions will be answered in a fun and informative two-hour workshop for current ombudsmen. Training will be held on **July 26, 2001** at Fleet and Family Support Center, Little Creek, from 7:00 to 9:00 p.m. Call 462-7563 to register.

Ombudsman Assembly Meetings

● **Ombudsman Assembly meetings** are an opportunity for command appointed ombudsmen to share ideas, obtain updated information, receive training from area program and resource specialists. COs, XO's, Chaplains, CMCs/COBs, and their spouses are also encouraged to attend. Meets bimonthly in odd-numbered months. Call 444-6288 for more information.

● Join us for the **Annual Ombudsman Appreciation Dinner and Social**, 6:00 p.m., Tuesday evening, September 11, 2001 at the Little Creek CPO Club. Look for the message from CNRMA with more details and registration information.

● Next **HRAB meeting** will be held at 1:00 p.m., September 04, 2001.

AIRLANT Ombudsmen

This training-focused meeting is held on the third Tuesday of even-numbered months. Resource speakers address topics of concern to military families, especially the aviation community. All Ombudsmen and command leadership for all AIRLANT commands, including aircraft carriers, are invited and encouraged to attend. For additional information call 368-8334.

21 Aug 7:00 p.m.

Red Cross Notification Procedures

16 Oct 7:00 p.m.

Home Safety and Security

SUBLANT Ombudsmen

This meeting is designed to offer training and problem solving opportunities to submarine community ombudsmen. Meetings are held every third Tuesday, 7:00 pm, at the SSSU Building, and open to all Ombudsmen and command leadership for all area submarine commands. For additional information call 502-0385.

21 Aug 7:00 p.m.

Hurricane Preparedness:
Home and Abroad

PERS Announces New Ombudsman Website

A message just released from PERS-66 announced the web address for Navy Ombudsmen. Check it out!

www.persnet.navy.mil/pers66/ombudsman1/start.htm

Hampton Roads Ombudsman Community is Now On-Line

The Fleet and Family Support Center (FFSC) of Hampton Roads have designed a site to support local command appointed Ombudsmen. The goal of the site is to provide useful and timely information to help Ombudsmen serve their commands. Based on input, this site will be evolving to continue to meet the Ombudsmen needs.

The site features:

- **News You Can Use**—tips and resources for newsletters and carelines.
- **Training Opportunities**—programs available to Ombudsmen at all area FFSCs
- **Ombudsman Forum**—a conduit for Ombudsman to share information and experiences, post concerns, and get answers to questions
- **FAQ**—frequently asked questions and the answers
- **Useful Links**—links to put you in touch with other military and community resources

www.ffscnorva.navy.mil/ombud.html

Debt Management at NMCRS Office

Service members looking for conveniently located, no-cost debt management can make an appointment to see a counselor from **Consumer Financial Counseling of Tidewater** at the Hampton Roads Auxiliary office of the Navy Marine Corps Relief Society. Appointments can be made by calling CFC at 625-2227. Additional nonprofit debt management services are available in the Hampton Roads area. Call your Fleet and Family Support Center for information and referral.

Understanding CSB/REDUX and TSP

The military retirement system is undergoing changes that, in conjunction with the expected introduction of Thrift Savings Plan later this year, have created the need for information to help educate service members about their options.

To fill this need, Fleet and Family Support Centers (FFSC) of Hampton Roads are introducing a new program, **Understanding CSB/REDUX and TSP**. This 60- to 90-minute class is available as a "training-to-go" for presentation at commands. Providing accurate and timely information about these changes and opportunities can benefit the future financial wellness of service members. Call your local FFSC to order this program.